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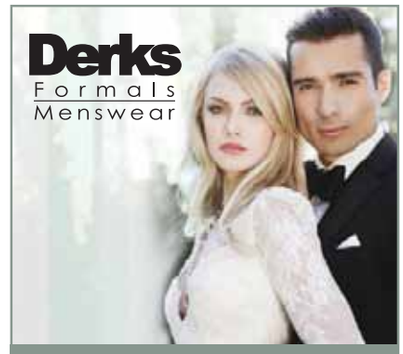

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X-Files unsealed

FOX CONFIRMS IT'S IN TALKS TO BRING BACK THE LONG-SINCE-ENDED SERIES, AND ITS ORIGINAL STARS — BUT WILL GILLIAN ANDERSON REPRISE THE ROLE OF SCULLY WHEN IT'S STELLA GIBSON SHE ENJOYS PLAYING? PAGES 20

RCMP officer is not expected to survive St. Albert shooting

Community tragedy. Suspect had 'incredibly complex criminal history'

LEAH HOLOIDAY
Metro in Edmonton

Const. David Wynn was shot in the head at close range Saturday while trying to arrest a suspect in St. Albert and is not expected to survive his injuries, according to Alberta RCMP.

Wynn and Auxiliary Const. Derek Bond were both shot after responding to reports of a stolen vehicle early Saturday morning at the Apex Casino, just outside of Edmonton.

The 34-year-old suspect, Shawn Maxwell Rehn, shot the officers as they attempted to arrest him, fled, and was later found dead, according to police.

Bond suffered a bullet wound to his torso and arm, while Wynn was shot in the head.

A father and son leave flowers in front of the St. Albert RCMP detachment Sunday in honour of Const. David Wynn and Auxiliary Const. Derek Bond, who were shot Saturday while conducting a stolen-vehicle investigation. LEAH HOLOIDAY/METRO

Wynn had not regained consciousness for more than a day after the shooting, Assistant Commissioner Marianne Ryan, in charge of the RCMP in Alberta, told a news conference in Edmonton.

"He sustained a life-threatening injury to the head at close range. We do not expect him to survive," said Ryan, who visited Wynn's bedside on the weekend.

RCMP Commissioner Bob Paulson said it's hard to understand how Rehn, an Edmonton man who had an "incredibly complex criminal history," was out in public, considering his violent past behaviour.

"Many of us would be surprised to have an individual facing the accusations that he was facing, having the criminal record that he did have, having the unresolved issues that he did have, in the community," Paulson said.

Rehn had a series of gun-related charges and conditions, including one that forbade him from possessing a firearm for life.

Wynn, meanwhile, was heralded as a kind and caring man by members of the community's Keenooshayo Elementary, where he's worked with the school's drug-prevention D.A.R.E. program for five years.

"He was always a big, good-natured man who loved kids and he loved doing this particular program and being a resource officer," said district board chairwoman Cheryl Dumont. "He thought it was a very important thing to do for our community."

Dumont said students loved Wynn and his presence at school.

"It's an officer you can say 'hello' to throughout your time in St. Albert as a child or as an adult," she said. "We feel very fortunate that we have resource officers like Const. Wynn that enjoy working with our kids and teaching them important things, things that they can discuss around the dinner table." While Wynn's condition remains grave, Bond has been released from hospital, but will remain under observation.

After the shootings at the casino, Rehn reportedly left with the stolen car. Police located him a short time later at a rural residence outside St. Albert. His body was discovered inside the home shortly after police had contained the area. RCMP said they had no contact with Rehn before his death.

An autopsy is scheduled for Monday to determine cause of death.

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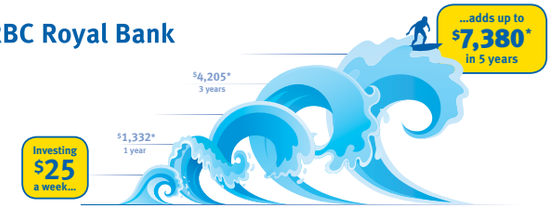

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Councillors' tactics for Twitter chirping vary

City council. Social media the new norm for communicating with elected officials; critic says councillors shouldn't be blocking vociferous users

HELEN PIKE
helen.pike@metronews.ca

Twitter — the not-so-new public forum — is replacing constituent phone calls or in-person meetings, with many vying to hold to the loudest megaphone when it comes to the #yyccc hashtag.

(#yyccc stands for Calgary city council, for those not up to social media speed.)

Social media has wedged its way into the public discourse, and perhaps become the future of how Calgary's councillors reach out and convey their message to the public.

But some have more luck on the web than others, and the approaches councillors take on social media vary.

"I think people want to be heard, they want other people to know what they think," said Coun. Sean Chu. "I think Twitter is a platform for some people who do not want to have meaningful engagement, they just want to be heard."

Chu, who's among those newest to the job, has been chewed out numerous times on social media, but he doesn't let it get to him.

"I use social media to convey a message," said Chu. "If the person is very respectful I will engage, if the person uses vulgar language or is not being respectful I leave it."

He added that it's hard for people to say their piece in 140 characters, so if there is more to say he always asks critics to get in touch — or grab a coffee on his dime to discuss issues in depth. But Chu chooses to ignore disrespectful users if the conversation can't be constructive.

Fellow rookie Coun. Ward Sutherland relies on his own office staff to determine which tweeters he should outright block. He said Sunday his team actually has a set of criteria for determining when to take action.

Those who swear or focus their criticism on the individual, as opposed to the issue, are put on the Ward 1 representative's blacklist.

"As we know, social media can get really vicious and people get to hide behind the keyboard," Sutherland said, noting he's far from the only councillor who blocks tweeters and offered up inner-city Couns. Druh Farrell and Evan Woolley as others who take such measures.

"Their identity (on Twitter) is not really their identity — you don't know who they are half the time," Sutherland added.

But not everyone is a fan of Sutherland's social media strategy.

"If you're going to use a social media tool to engage constituents and interact not in your private life ... I think it obliges you if you are going to have that conversation to include them," said Chris Turner, local author who frequently engages with councillors on Twitter. "If you want to be able to control your audience, pick another medium."

Coun. Sean Chu routinely checks his phone for the latest Twitter updates, but said he refuses to interact with those who are rude and disrespectful. MORGAN MODJESKI/METRO

Quoted

"If you want to be able to control your audience, pick another medium."

Chris Turner, author, on certain councillors' practice of blocking some social media users who try to engage with them

Turner has been on the receiving end of Sutherland's blockade. But for the most part he's found discourse in 140 characters to be a positive experience, and finds Twitter to be a great forum for public discussion.

Turner said social media is a great way for councillors to interact with constituents, and that for people who don't have time to sit in council meetings, it's a great way to stay engaged.

"If you wanted your councillor's attention you used to have to call them," Turner said "It's a much easier thing to have a back-and-forth conversation on Twitter or wherever it is and not only just get in touch when something's bothering you, but to be able to sort of follow your councillor's thinking on an issue."

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Mount Royal VP accrued a 'crazy' amount of benefits

In-house spending out of order? University has lamented lack of provincial funding as it faces shortfalls

JEREMY NOLAIS
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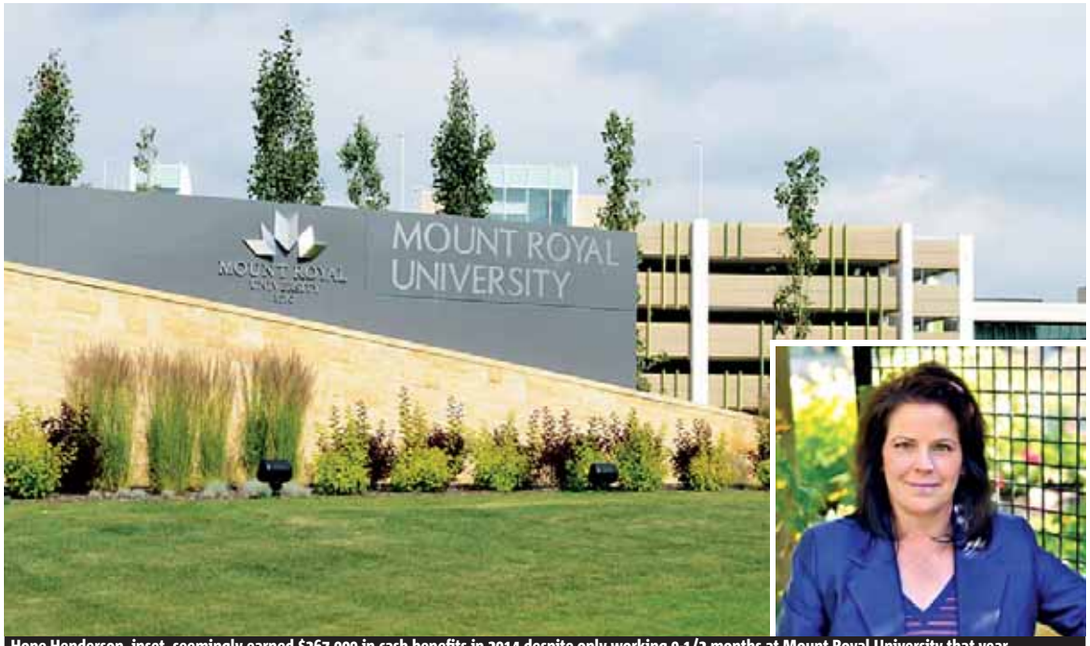

Hope Henderson, inset, seemingly earned $267,000 in cash benefits in 2014 despite only working 9-1/2 months at Mount Royal University that year.
METRO FILE; INSET: LINKEDIN

Funding ins and outs

- The province has backed away from a review of post-secondary executive pay in Alberta that was once pledged by former advanced education minister Thomas Lukaszuk.
- Premier Jim Prentice did commit last week, however, to including post-secondary institutions on a so-called sunshine list that would identify top income earners in the public sector.

Officials at cash-strapped Mount Royal University are saying little about the circumstances that saw one of their executives accrue more than a quarter of a million dollars in perks despite only working at the Calgary institution for just over two years.

The $267,000 in cash benefits netted by former vice-president of university advancement Hope Henderson came on top of her base pay of $159,000 and another $5,000 in non-cash benefits, according to financial documents for the year ending June 30, 2014, that were recently published.

Her $431,000 in total earnings put her ahead of university president David Docherty ($401,000) and were awarded despite her only working 9-1/2 months of the 2014 fiscal year.

The circumstances around Henderson's departure from the school were not addressed by Mount Royal officials over three days of questioning via email by Metro. There was also little detail about how she could be awarded such lofty benefits when three other vice-presidents and Docherty accrued just $124,000 combined.

A joint statement from Docherty and the institution's board of governors chair Bryan Pinne that was provided to Metro Friday afternoon after questions were first raised Wednesday morning reads: "Details of employment contracts for executives and employees of Mount Royal constitute personal information and as such are considered strictly confidential.

"The board of governors provides oversight to the university and is aware of all executive contracts and that we honoured the terms of this contract for this vice-president."

According to Mount Royal's financial documents, cash benefits can "include housing allowances, car allowances, professional development, severance and cash travel allowances."

But there was little doubt in the mind of Scott Hennig, acting Alberta director of the Canadian Taxpayers Federation, that Henderson's earnings came as a direct result of a severance clause in her contract. He said the payout was another example of a "disturbing trend" of exorbitant offerings for public-sector executives and said Henderson should have only been entitled to such a payout if she'd worked for the university for "decades."

"It seems to me that they signed a (one-year's pay) severance and that's crazy," he said. "You shouldn't be doing that as a public body.… Companies can't afford to do that, non-profits certainly can't afford to do that. People in the real world using non-taxpayer cash usually don't pay out that kind of luxury and rightfully so."

Henderson's earnings came on the heels of a major cut to post-secondary funding in the 2013 budget that prompted Mount Royal to eliminate eight programs, cut more than 60 staff positions and chart a plan to reduce student enrolment despite a surging number of applicants.

Recently obtained memos indicate the school is laying the groundwork for more cuts this spring as they grapple with an up-to-$10-million budgeting gap over the next two years — and that's only if anticipated provincial funding holds in the face of a major decline in the price of oil.

Erik Queenan, president of the Students' Association of Mount Royal University, noted that he didn't sit on the school's board of governors when Henderson's contract was signed and he hadn't received information on the circumstances surrounding her departure. He did say the university needs to take a hard look at executive pay, especially in times of financial hardship.

"Salaries are the No. 1 expense for the university.… Absolutely, every salary and contract needs to be carefully looked at going forward," he said.

A profile article posted on Mount Royal's website indicates Henderson started with the university on Aug. 20, 2012, and was deemed a "perfect fit" for a school with aspirations to grow. She'd previously worked for Talisman Energy, TransCanada Corporation and ConocoPhillips.

Attempts by Metro to reach Henderson were unsuccessful, but she said at the time that she was really impressed with those she'd met at Mount Royal during her first month on the job.

"I am overwhelmed by the quality of the education and breadth of programming offered at Mount Royal," Henderson was quoted as saying. "We can stand up to any other university undergraduate degree program out there — and probably even show them up a bit."

The financial documents indicate Henderson's tenure with the school ended in early 2014.

City looks to crack down on bus-shelter vandalism

Glass bus shelters, like this one seen in Shawnessy Sunday, were a hot target for vandals in 2014. JEREMY NOLAIS/METRO

Vandals caught shattering city bus shelters may soon be explaining their actions to a judge more often, if city officials have their way.

Turning to "extrajudicial measures," such as financial restitution and community service, is one idea being pitched to keep Calgary Transit's glass bus shelters intact after a spree of 2014 incidents.

September proved the worst month, with nearly 120 of the city's more than 6,000 glass shelters being damaged or outright destroyed.

While past cases involving "significant damage" have been turned over to the court system, city officials are planning to consult with Alberta Justice and city police about "strengthening accountability."

Coun. Shane Keating, who chairs the city's transportation committee that's due to review a report this week on counteracting transit vandals, said he has no problems with bringing stiffer penalties to shelter smashers.

"This is just, in my view, crazy, stupid behaviour," Keating said. "If you're going to do something that stupid, then you're going to pay the price.… I've always believed if something is going on out there and you don't address it, it just continues."

The report going before committee says Crime Stoppers decals are also being pasted to all shelters encouraging witnesses to report vandalism. City partner Outfront Media will also clean and repair damages incurred at shelters within 24 hours in a bid to send a "message of caring and good management." JEREMY NOLAIS/METRO

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Shaganappi Trail slated for change

Due for redesign.
Study recommends adding high-occupancy lanes and cycle tracks

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Two more lanes and a bike lane are being recommended by city transportation planners for busy Shaganappi Trail. ROBSON FLETCHER / METRO

Two more lanes and a track for two-wheeled commuters are being recommended for Calgary's bustling Shaganappi Trail.

The results of a corridor study have concluded that the route, which extends from 144th Avenue NW down to 16th Avenue, should be widened from four to six lanes, but the added road space should be reserved for high-occupancy vehicles, including those being used for carpooling.

City planners also explored the impacts of doubling the road size to eight lanes and also leaving it at four but found neither as beneficial — the latter option proved problematic for Calgary Transit vehicles in particular over time as the city continues to grow.

Diagrams included with the study also indicate one-way cycle tracks heading in both directions will be included in the trail in the future.

Coun. Ward Sutherland, whose Ward 1 includes Shaganappi between Crowchild Trail and 16th Avenue, said future plans for the route are "challenging," but no homes will be threatened. A similar study concerning the future of Crowchild was criticized heavily for recommending the demolition of several abodes in the community of Scarboro — officials have since gone back to the drawing board.

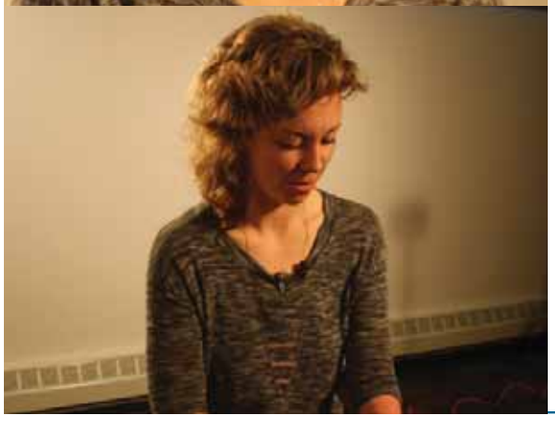
Sutherland said the Shaganappi study will pair well with those being done for Crowchild and along the 16th Avenue corridor. He said cars turning onto Shaganappi from Crowchild, John Laurie Boulevard and other routes already "line up" during peak commute hours.

"The big thing is there's no money for this project currently ... but it's really imperative that we actually do this study because we're looking at the big picture," he said.

"We need to decide, if we do get funding, which road is going to be first (for expansion), which is going to have the most impact."

Terry Wong, a vice-president with the Edgemont Community Association, said his group isn't opposed to carpool lanes for Shaganappi and believes cycle tracks could work too, providing they don't disrupt roadways for general vehicle traffic.

He noted, however, that "great confusion" has emerged in the wake of construction of buffered bike lanes along nearby Northland Drive last year.



"Sometimes all you have to do is show up and just be yourself." Alexis Hillyard

An advocate for sexual and gender minorities, loving sister, daughter and friend, and a proud gay woman, Alexis Hillyard is example of the positive results of mentoring. Together with other leaders in our community, Alexis is spreading the word that mentoring can have a real impact on the lives of young people.

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Give boards back taxing power: Hrdlicka

School boards should be given back taxation authority in a bid to help stop the "erosion of public education," says a candidate for a vacant Calgary trustee seat.

Julie Hrdlicka, a mother of two and co-ordinator for advocacy group Public Interest Alberta, was due to officially kick off her campaign to serve as Calgary Board of Education Wards 11 and 13 representative with an event at the Lakeview Community Association on Sunday.

The seat on the CBE's seven-member trustee board was vacated by Sheila Taylor last year as she unsuccessfully challenged for a vacant MLA job.

Hrdlicka said she's watched as class sizes have swelled, supports for vulnerable students have lagged and workloads for teachers have increased. She agreed that much of the struggle comes down to money and when asked if school boards should have taxation powers, she replied "personally, I do."

"I think it's something we need to explore and we need to throw everything out on the table," she said. "The reality is our kids are paying the price for a school system that is falling apart."

The Ralph Klein government made a controversial move in the mid-1990s to strip taxation authority from school boards in a bid to even the funding spectrum, but boards have complained in recent years that funding handed down from the Tory government has not been up to par.

CBE trustee chairwomsn Joy Bowen-Eyre said late in 2014 that early projections suggest her organization will need an eight per cent increase in student funding to break even this year.

That amount is far above what any provincial school boards have received in recent memory.

It's likely a replacement for Taylor will be elected prior to the trustee board mulling the CBE's 2015-16 operating budget, as the Wards 11 and 13 election has been set for April 13.

Alongside Hrdlicka, mother of eight and president of the Calgary Association of Parents and School Councils (CAPSC) Karen Lloyd has also announced she intends to run.

Lloyd said in a recent email that she's inviting Hrdlicka and any other declared trustee candidates to speak at a trade show organized by CAPSC this Wednesday at A.E. Cross School.

Lloyd said she won't speak about her campaign at the event as she wants to ensure CAPSC "functions independently." JEREMY NOLAIS/METRO

CBE trustee candidate Julie Hrdlicka says school boards should have taxation authority. SUBMITTED

Trustees want more info on bus service

Service falls short.
Trustees lack data on bus service as parents complain of lateness or buses not showing up

JEREMY NOLAIS
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Public-school trustees are pushing a policy that would see them provided with more data on just how often the wheels on the bus really do go round and round.

Currently, the six — soon to be seven — Calgary Board of Education trustees are not provided with any figures on school-bus service for tens of thousands of children daily. Yet trustee Amber Stewart said she's still receiving emails from frustrated parents who say the bus doesn't show up on time — or at all.

"They are pretty widespread in terms of program, school, area," she said. "It's certainly a challenge that we face and one that should be reflected in policy."

With that in mind, the CBE trustee board did give first reading last week to a series of policies — some new, some altered and some old — including one that reads "provide transportation services that are safe and reliable."

Fellow board member Trina Hurdman said there was a similar policy in place years ago, but the matter fell by the wayside for whatever reason.

She now hopes that seven-letter sentence will put the pressure on CBE administrators and bus providers to pony up hard data on an annual basis.

"It's an issue every, single year," she said of the busing shuffle. "I don't know if more attention's been paid to it this year. Honestly, without proper data I wouldn't be able to answer that question, which is why I think this policy is so important . . .

"We will be monitoring that every single year, and if we find that buses are becoming less and less reliable, or if we find that we're receiving more complaints about busing than usual, then there is some accountability in the system for that."

Representatives with both major providers, First Student Canada and Southland Transportation, have conceded that this year has been a particularly challenging one as they've struggled to maintain a proper complement of drivers.

Public school trustees currently don't receive any data on school buses like this one. METRO FILE PHOTO

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3	2014	Chev	Spark	2LT, FWD, 5 Door	SG413015	$21,045	~~$18,495~~	$16,998	$4,047
4	2014	Chev	Cruze	LT Sedan	SG143951	$27,150	~~$21,795~~	$20,998	$6,152
5	2014	Buick	Enclave	AWD	SG151549	$47,535	~~$41,998~~	$40,800	$6,735
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8	2014	Chev	Silverado 1500	4WD, Double Cab, Standard Box	SG147315	$46,650	~~$35,598~~	$34,400	$12,250
9	2014	GMC	Sierra 1500	2WD, Crew Cab, Short Box	SG236052	$37,155	~~$28,795~~	$27,155	$10,000
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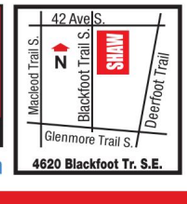

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Holders of new taxi plates sticking with older brokers

Cabbie crunch.
Downturn in cab business has drivers opting to go with safer bets: Competitor

JEREMY NOLAIS
jeremy.nolais@metronews.ca

The bulk of Calgary's new taxi plates appear to be sticking with the city's more established brokers, a move the head of their newest competitor says may be directly linked to a downturn in the provincial economy.

Figures released last week to Metro that cover up until Jan. 5 indicate that 93 of the city's 126 new plates are now attached to vehicles working the streets. Of those, nearly half — 45 to be exact — are working under the Associated Cab banner and another 32 will don the yellow Checker paint.

The city's newest brokerage, Calgary United Cabs, has pulled in 10 of the drivers who won plates in a lottery last year that was entered into by thousands. Another four plates will be utilized by Delta Cab and two will work for Mayfair Taxi.

Rupinder Gill, United president and a driver himself, said he believes many drivers have gone with the safer bets because there's already been a noticeable shift in cab business. He said much of the average cab outfit's business comes from downtown business types, but companies are scaling back on expenses amid fears of sub-$50 prices for a barrel of oil.

"These new people (drivers) don't like the independents, they like to be slaves," Gill said, noting Associated keeps control of the airport cab business and Checker works the downtown hotels.

The bulk of new cab plates have been attached to vehicles sporting the Associated and Checker colours, like the vehicles seen here. METRO FILE

"You will see it (the downturn) even at the airport — guys will only be pulling out one to two trips where they used to get five to six."

But Roger Richard, president of Associated, said companies like his simply know how to handle major customer loads. He's long advocated for the release of hundreds more cab plates to address what he says is a "supply-and-demand issue."

City council will mull an additional release of cab plates later this year after receiving more data on whether longstanding peak-hour service issues are improving.

Coun. Diane Colley-Urquhart, who's long been critical of the actions of cab companies, did tell council last week she believed the additional plates improved service greatly during the recent holiday season, deeming their release a "phenomenal success."

Richard said he believes he'll actually end up with 53 of the new plates and there will be marked improvements to cab response times.

"We've been operating for a long time and we're a well-known commodity and they (drivers) choose us because they think we're the best … we know how to improve things for the consumer," he said.

Hundreds pay their respects to Tsuu T'ina chief

Chief of the Tsuu T'ina First Nation Roy Whitney speaks at the state funeral for Chief Gordon Crowchild on Saturday morning. MORGAN MODJESKI/METRO

They will remember him as a friend, a leader — but most of all, they'll remember him as a cowboy.

Hundreds of people gathered for a state funeral at the Grey Eagle Events Centre on Saturday to pay their respects to Chief Gordon Crowchild, who passed away on Jan. 12.

A well-known chief with the Tsuu T'ina First Nation, Crowchild was described as being instrumental in establishing the community's economic foundations and was remembered as a hero who cared deeply for his people.

"He guided us through the generations and he will continue to guide us in his passing," said the current chief of the Tsuu T'ina First Nation, Roy Whitney.

"We were raised as an honouring people."

"We honour those who have been before us, who have developed a path and a vision that provided us a strength today to lead," Whitney said.

"We owe a great appreciation to our head chief Gordon and to our first lady Maria for standing beside him and helping to lead this community to develop to where it is today."

An ace in several rodeo events including the wild horse race, steer decorating and steer wrestling, Crowchild was well-known and admired amongst Canada's rodeo community.

In 2005, Crowchild was inducted into the Canadian Professional Rodeo Hall of Fame as a Legend of Rodeo, and in 1995 the Calgary Stampede named him one of the Pioneers of Rodeo.

The chief, who passed away at the age of 85, served as leader of the Tsuu T'ina First Nation from 1970 to 1976.

Canada's First Nation leaders also wanted to pay their respects, as a letter of condolences from the national chief of the Assembly of First Nations, Perry Bellegarde, was read at the service.

"He was a strong advocate for the rights of First Nations and our citizens throughout his life," Bellegarde said in the letter, which was read by Regena Crowchild, a councillor with the Tsuu T'ina First Nation.

"He was instrumental in the advancement of the Tsuu T'ina First Nation and he promoted the development of our youth through sports and culture."

JEREMY NOLAIS/METRO

Cheerleader! rises from the ashes of the Roxy Theatre

While the fire at Edmonton's Roxy Theatre at first appeared to be the curtain call for a new production, the show got another chance in the spotlight Sunday night.

Cheerleader!, a production from Human Loser theatre, was set to have its first preview performance at the Roxy on Tuesday evening, but the historic building was reduced to ash in a blaze earlier that morning.

Morgan Smith, the show's playwright and producer, was working her day job as a news reporter with 630 CHED when she first heard the fire department dispatching trucks over the radio.

"I went into a little bit of shock," she said. "I knew there was no hope. I had been listening to the scanner and with experience knew it was a bad fire."

With their sets and costumes destroyed, the company staged a stripped-down version of the play Sunday night at the Timm's Centre for the Arts at the University of Alberta.

"They suffered a great loss," said Kathleen Weiss, chair of the school's drama department in a release.

"We wanted to offer support."

The company charged $20 at the door for the reading and hoped to use the funds to reboot the production.

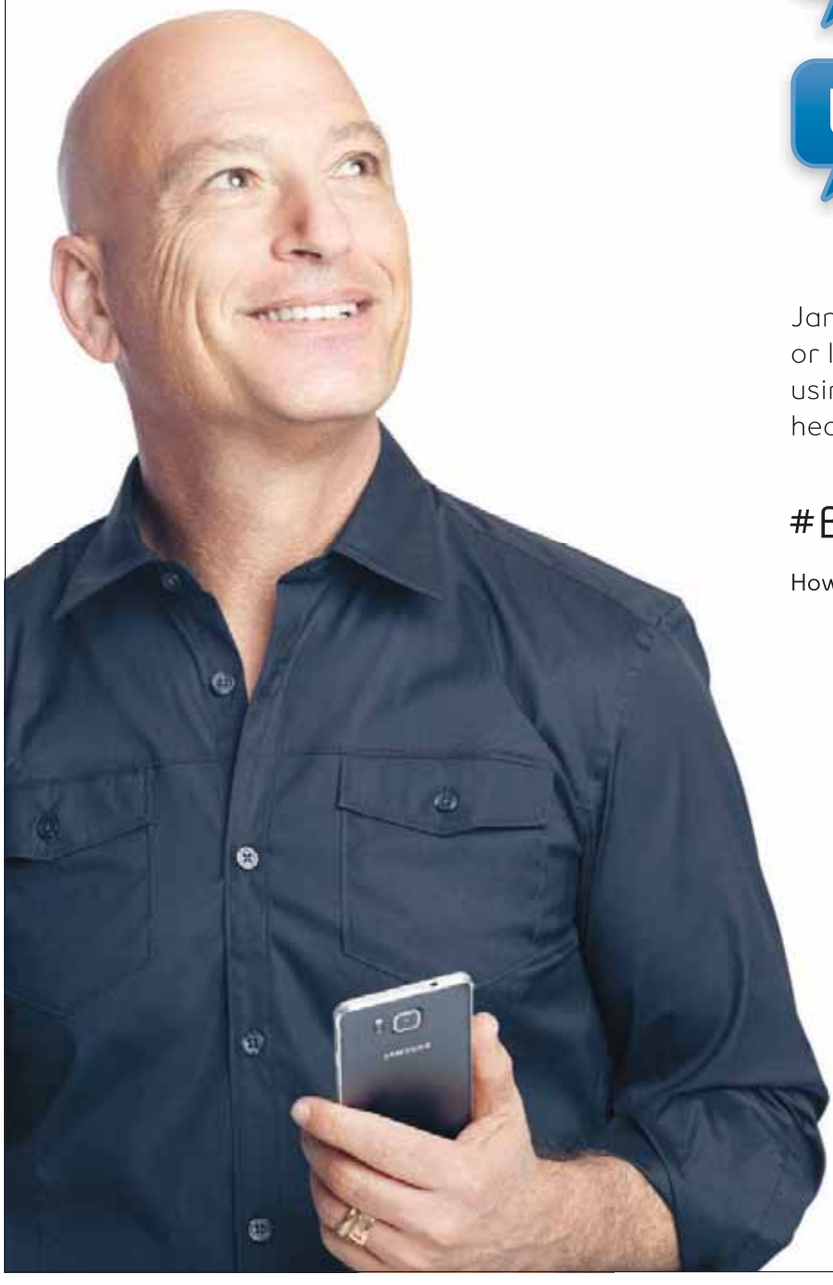
Smith said the set for the production was beautiful and she is disappointed it won't be seen.

"It was just the most amazing set I had ever been on outside of theatre school," she said.

She said despite the devastating setback, the cast is really excited to bring the show back to the stage.

"It has given us an opportunity to create bigger and better plans for the show."

RYAN TUMILTY/METRO



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Federal affairs. Fiscal restraint may prevent proper oversight of investigations by National Defence

National Defence has been looking at ways to introduce more stringent oversight of its intelligence operations, but fiscal restraint may prevent it from implementing the preferred option.

A series of internal documents, obtained by The Canadian Press under access-to-information legislation, show the head of defence intelligence ordered an exhaustive, independent review in the wake of the scandal involving navy Sub-Lt. Jeffrey Delisle, who was convicted of spying for the Russians.

There is no direct civilian oversight body to review the actions and operations of military agents, who conduct investigations into possible threats against the Forces both overseas and at home.

The department's review lays out four options, of which the preferred would be a permanent, independent review board reporting directly to the minister and authorized by the Inquiries Act.

But the report noted defence may have to accept a watered-down version: a part-time review team that would be appointed for external reviews when necessary.

The assessment said they recognized that "in a period of fiscal restraint and downsizing," a permanent review team might not be possible.

THE CANADIAN PRESS

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A tsunami hazard zone sign warns residents outside the village of Anacla in Pachena Bay, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

Islanders preparing for quake

Disaster planning. Residents on the west coast of Vancouver Island will have barely 20 minutes to get to higher ground

The low tide, bright sunshine and constant roar of waves display the full power of the Vancouver Island shoreline at the remote beach handed down to Stella Peters and her family as a wedding dowry.

For generations, Peters and her relatives have been the keepers of Pachena Bay, the picturesque beach that scientists forecast as an epicentre for the next massive earthquake and tsunami.

The bay is also the home to the Huu-ay-aht First Nations village of Anacla, about 300 kilometres northwest of Victoria, which aboriginal oral history says was devastated when an ancient earthquake hit the West Coast of North America.

First Nations from Vancouver Island to northern California describe the earthquake and tsunami in similar legends and artwork of a life-and-death struggle between a thunderbird and a whale.

When the next big quake hits, residents on the west side of Vancouver Island will barely have 20 minutes to get to higher ground.

"Every year we hear the same thing, that, 'Oh, the big waves are going to come, the big waves are going to come,"' Peters says as she looks out on the ocean. "I'm not really too worried about it actually happening. We're not ready for it, but in a sense we are. We seem to be on the ball when it comes to evacuating the place."

THE CANADIAN PRESS

Historical warning

On Jan. 26, 1700, at about 9 p.m., a magnitude-9 earthquake struck the Pacific coast, causing violent shaking for minutes that scientists believe was felt as far away as Manitoba.

- The shaking was followed almost immediately by a tsunami that legend and scientists say sucked everybody and everything along the coast into the ocean.
- Nine hours later, a tsunami the height of a four-storey building hit the Japanese coast, destroying all in its path. It wasn't until the late 1990s that scientists linked the tsunami to geologic reports of the earthquake in North America.

Protesters throw eggs, shoes at Baird's convoy

Ramallah. Foreign Minister John Baird greeted by dozens of protesters during a visit to Palestine

Dozens of Palestinian protesters hurled eggs and shoes at the convoy of the visiting Canadian foreign minister Sunday in a show of defiance toward Canada's perceived pro-Israel stance.

John Baird was visiting Ramallah to meet Palestinian Foreign Minister Riad Malki when demonstrators pelted his convoy.

Baird shrugged off the incident. "I was in Mike Harris' cabinet for four years. I got a lot worse," Baird told reporters afterward, referring to Harris's Progressive Conservative government in Ontario that was often targeted for its cost cutting.

The Palestinian protesters also held signs reading: "Baird, you are not welcome in Palestine" and "Baird, Jerusalem is our capital." Media reports say Baird was not hit.

"We take a strong position supporting the only liberal and democratic state in the region," Baird said.

"We take the view that (in) a peace process, progress is best made at the negotiating table and not through unilateral actions on the other side. We're proud of that position, we believe it's the best one and don't apologize for it."

Activists from Palestinian President Mahmoud Abbas' Fatah party earlier had called for a boycott of Baird because of Canada's Middle East policies.

"This person backs up the Zionist movement," protester Abdullah Abu-Rahmeh said. "This person diminishes the rights of our people, takes part and backs up building of settlements. We tell him that he's not welcome."

THE ASSOCIATED PRESS

Canada's pro-Israel stance

Canada has been one of only a few Western countries to stand by Israel as it has come under international criticism over deadlocked negotiations with the Palestinians, the recent Gaza war and its settlement building.

- Canada also opposes the Palestinians' unilateral attempts to reach statehood as well as its recent bid to pursue war crime charges against Israel at the International Criminal Court.

A tearful welcome for HMCS Toronto

Lt.-Comm. Sheldon Gillis, left, embraces his daughter Ella, 8, after disembarking from the HMCS Toronto in Halifax on Sunday morning following a seven-month deployment. The warship was taking part in a NATO exercise in the Mediterranean Sea responding to Russia's military aggression in Ukraine. JEFF HARPER/METRO IN HALIFAX

Language dispute

Quebec rejects calls to do more to help Anglophones

The Quebec government has rejected a renewed call by Canada's official languages commissioner that it create an office of anglophone affairs to better serve the province's linguistic minority.

Graham Fraser told The Canadian Press he met with the three Liberal anglophone members of the legislature and said there was "no indication" the governing party would create a body dedicated to Quebec's 600,000 anglophones.

The government's reaction is not a surprise to community groups in Quebec who often complain the Liberal government's rhetoric about the province's anglophones doesn't match its actions.

The Liberals publicly acknowledge the importance of the province's English speakers — as opposed to their predecessors who were, at times, openly hostile to Quebec's largest linguistic minority.

But members of Quebec's anglophone minority say local control over institutions at the heart of their community is slowly eroding, as is their influence over public policy — regardless of the government in power. THE CANADIAN PRESS

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Fighting. Ukraine leader vows to reassert control

Ukraine's president vowed Sunday to reassert government control over eastern regions as the army unleashed a counter-offensive against Russian-backed separatist fighters vying for command over the airport in the city of Donetsk.

The separatist stronghold was shaken by intense outgoing and incoming artillery fire over the weekend as a bitter battle rages for the air terminal and surrounding areas.

Streets in Donetsk, which was home to one million people before unrest erupted in spring, were completely deserted Sunday and the windows of apartments in the centre were rattled by incessant rocket and mortar fire.

The warring sides exchanged rocket fire along several points in the roughly 350-kilometre front line.

Regional authorities loyal to the government said two children, aged seven and 16, were killed when a rebel shell hit their home in Vuhlehirsk, a town 75 kilometres northeast of Donetsk.

THE ASSOCIATED PRESS

France

Police release 3 suspects, hold 9

French police have released three female suspects from questioning, but will keep nine other people in custody as part of an anti-terror investigation connected to last week's attacks in Paris that have put Europe on high alert, officials said Sunday.

Amid the heightened European vigilance, a far-right rally in Germany planned for Monday was cancelled over a terrorism threat, Italy said it had expelled nine suspected jihadis since late December and Britain's home secretary called for new action to fight anti-Semitism in the wake of the Paris attacks.

THE ASSOCIATED PRESS

Pope draws 6 million to massive Mass in Manila

In this aerial photo provided by the Philippine Air Force, a massive crowd of Filipino faithful fill up the Rizal Park during a Mass celebrated by Pope Francis Sunday in Manila, Philippines. PHILIPPINE AIR FORCE/AP PHOTO

Record figure. Francis dedicated the final part of his week-long Asia trip to children

A crowd estimated at a record six million people by officials poured into Manila's rain-soaked streets and its biggest park Sunday as Pope Francis ended his Asian pilgrimage with an appeal for Filipinos to protect their young from sin and vice so they can instead become missionaries of the faith.

The crowd estimate, which could not be independently verified, included people who attended the Pope's final Mass in Rizal Park and surrounding areas, and lined his motorcade route, said the chairman of the Metropolitan Manila Development Authority, Francis Tolentino.

The Vatican spokesman, the Rev. Federico Lombardi, said the Vatican had received the figure officially from local authorities and that it was a record, surpassing the five million who turned out for St. John Paul II's final Mass in the same park in 1995.

Francis dedicated the final homily of his week-long Asia trip, which began in Sri Lanka, to children, given that the Mass fell on an important feast day honouring the infant Jesus. His focus was a reflection of the importance that the Vatican places on Asia as the future of the church since it's one of the few places where Catholic numbers are growing — and on the Philippines as the largest Catholic nation in the region.

"We need to see each child as a gift to be welcomed, cherished and protected," Francis said in his homily. "And we need to care for our young people, not allowing them to be robbed of hope and condemned to a life on the streets."

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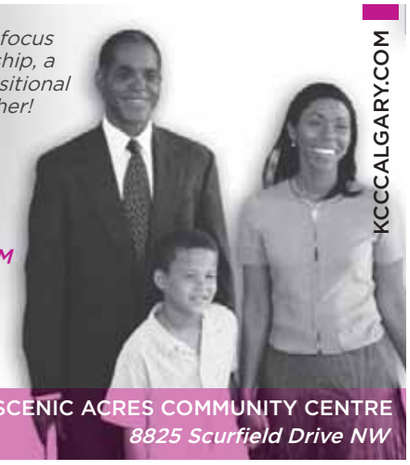

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Dating site's legal battle with ex-employee ends

Concluded affair. Ashley Madison, former profile writer agree to have their case dismissed

The homepage of the Ashley Madison dating website is displayed on a laptop in Hong Kong in 2013. A legal battle between the Toronto-based website and a former employee has been dismissed by the courts. GETTY IMAGES FILE

The legal battle between a Canadian dating site for married people seeking affairs and a former employee who claimed she was injured typing up fake profiles has come to an end.

A lawsuit and countersuit between the Toronto-based Ashley Madison website and Doriana Silva have been dismissed without costs by the Ontario Superior Court.

The parties agreed to the move after the court threatened to dismiss the suits with costs, noting the cases still hadn't been placed on a trial list more than two years after the initial lawsuit was filed.

Avi Weisman, vice-president and general counsel for Ashley Madison's parent company Avid Life Media, says the company is "very pleased with the outcome."

The dispute began when Silva — who came to Toronto from Brazil — sued her former employer in 2012, alleging she seriously hurt her wrists and forearms typing up 1,000 "fake female profiles" over a few weeks for a new Portuguese-language version of the site.

She sought $20 million for what she called the company's "unjust enrichment" at her expense.

In her claim, Silva said the profiles were meant to lure unsuspecting men to join the dating site.

Ashley Madison denied the allegations and slapped her with a countersuit, claiming she kept confidential documents, including copies of her "work product and training materials."

The countersuit sought to retrieve the documents and obtain $100,000 in damages plus legal costs. The company also argued that the nature of what Silva typed was irrelevant and simply thrown in to tarnish the company's reputation.

Silva claimed she was led to believe writing the profiles was common in the online dating industry and would have otherwise refused. She also claimed she made her superiors aware of her injuries, which she said were ignored.

In the company's statement of defence, Ashley Madison said Silva only mentioned her injuries following the end of her probation period, at which point she was given time off.

The company alleged Silva continually delayed her return, claiming she had since led an active online presence, which it said would not be possible were she seriously injured. THE CANADIAN PRESS

By the numbers

$20M

Doriana Silva had been seeking $20 million in damages from Ashley Madison for injuries she claims she suffered while writing profiles for the company.

Online retail. U.S. stores a step ahead of Canadian companies: Analysts

Aggressive moves by U.S. retailers to win over Canadian online shoppers with perks such as price-matching and free shipping might be just what Canadian stores need to sharpen their e-commerce offerings.

"I think (Canadian) retailers have been complacent — until now. (But) things are changing with the influx of U.S. competition," says retail analyst Doug Stephens.

Stephens said pressure is building for established retailers such as Hudson's Bay Co. and Canadian Tire to beef up their online presence. The experience companies like Amazon and Walmart have in e-commerce, as well as the speed online-shopping technology is evolving, puts Canadian retailers at a disadvantage.

Retailers have also been held back by legacy computer systems, said Sally Seston, founder of Retail Category Consultants.

"It's a huge expense to make that leap into the technology, to be in the position of where you need to be to add these services," she said.

Quoted

"I think (Canadian) retailers have been complacent."

Doug Stephens, retail analyst

She suggests the goal for Canadian retailers may not be to mirror the U.S., but rather, countries in Europe or even Australia that have similar distribution challenges, including in-store delivery or pickup at lockers available after hours.

Canadian Tire seems to be taking this route, as customers are allowed to pick up items in-store, but the company said e-commerce won't be a meaningful part of its business until 2017.

Hudson's Bay executive chairman Richard Baker emphasized the importance of digital sales. The company's hope is to have digital sales account for 20 per cent of overall sales within the next five years. THE CANADIAN PRESS

Pressure is building for established retailers such Canadian Tire to beef up their web presence to compete with U.S. companies. LUCAS OLENIUK/TORSTAR NEWS SERVICE

CRA looks at web source to counter negative coverage

The Canada Revenue Agency wants to set the record straight when journalists fail to include its upbeat take in their stories.

A new document shows the CRA is considering a web page to post rebuttals to media coverage it doesn't like, and canned responses to popular questions. Officials pitched the idea to CRA commissioner Andrew Treusch in an August 2014 memo.

"The purpose of this briefing note is to follow up on a discussion with your office of actions that might be taken to get our positive messaging out in instances where media coverage does not reflect the content we have provided," it says.

The Canadian Press obtained a copy of the memo under the Access to Information Act. According to the memo, the agency sees the advantage of putting out facts and data, but wants to avoid scooping journalists by posting responses online to their questions before stories are published.

Officials recommended moving forward, but as of Sunday the section is still under consideration and has not appeared online. THE CANADIAN PRESS

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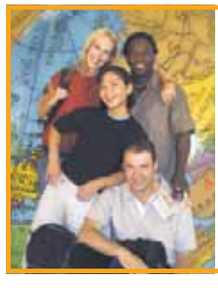
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VOICES

BEING A TIGHTWAD ISN'T WORTH IT

Funds are needed for the inner city to flourish, but this is the exact part of the city that council is stingy with

KLASZUS' CALGARY
Jeremy Klaszus

When it comes to beautifying the inner city, Calgary should resist the temptation to cheap out.

Last week, city council cut nearly $400,000 off improvements to Stephen Avenue that were planned as part of the new downtown cycle track pilot project.

The $400,000 that got trimmed was for upgrades like benches and streetscape improvements.

Coun. Sean Chu, who seeks to block new cycling infrastructure at every opportunity, sought to cut down the plan as much as possible.

Council arrived at a compromise of sorts, proposed by inner-city Coun. Druh Farrell: The Stephen Avenue stretch will proceed mostly as planned, but without some of the decorative elements that would make the street more enjoyable.

This decision isn't the end of the world by any means. But it was a reminder that inner-city projects often face greater scrutiny than larger expenses for projects elsewhere in the city.

A number of people — including city councillors, media commentators and citizens — are more willing to debate the merits of projects in the inner city, while pricier infrastructure on the outer ring is approved as a matter of regular course.

And speaking of rings, let's remember that the estimated price tag for the southwest leg of the ring road is a staggering $5 billion, which works out to about 200 Peace Bridges. If we want to look at where to cut capital costs, let's start there.

Anyone who was in Calgary when the $25-million Peace Bridge was approved in 2008 can remember how that controversy went on ... and on ... and on. It didn't end for years.

The project was repeatedly held up as an example of municipal waste. It was dismissed as a needless frill. When proponents said the bridge would bring new attention and interest to the city, they were enthusiastically mocked. As if that would ever happen!

Well, turns out they were right.

The bridge is well used, frequently photographed and much beloved by Calgarians. Not only that, it has helped put Calgary on the map. It's a destination for visitors.

In other words, the Peace Bridge was worth every cent.

Last week, Rollin Stanley, the city's provocative chief planner, made an interesting comparison at Baconfest, his film series on urban planning.

He asked: How much will the downtown cycle track network cost? (The entire pilot is now estimated at $6.7-million, after the aforementioned trimming.)

Then he asked: How much is a single traffic interchange in the suburbs? It's significantly more: $50 million-plus.

Stanley also reminded the crowd that the bulk of the city's property tax revenue comes from the inner city.

When you consider all of this, it just makes sense to invest in improving the city's core.

Efforts like the Stephen Avenue beautification might attract more scrutiny on council and off, but they're relatively inexpensive.

This being so, cheaping out isn't worth it.

Your Calgary

Sunrise in Calgary

Photo submitted by reader Anil Kalla

This photo was taken by me from my deck in Panorama Hills in NW of Calgary. According to reader Anil Kalla who snapped this shot, every day is a beautiful day in Calgary. CONTRIBUTED

SEE YOUR SHOT HERE:
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Upcoming

Mount Royal offers sneak peek of soon-to-open Conservatory

Music lovers are being offered a sneak peak of more the $70 million conservatory due to open on the campus of Mount Royal University later this year.

The price tag for the Conservatory and Bella Concert Hall will run in excess of $70 million when it's done and feature more than 750 seats in its primary performance area. There will also be training and teaching areas.

On Saturday from 1 to 4 p.m., people are being offered a tour of the still-under-construction site.

"Construction continues but we are excited to show you the progress to date — the innovative teaching spaces and early childhood spaces and hear samplings of choir and musical performances," reads an invitation for the event.

Billed as Calgary's "new home for the performing arts," the Bella has been years in the making and the university hopes it will help right its financial ship after a decline in provincial funding in recent years.

Earlier this year, a vice-president with the school said there had already been "significant interest" in the project and bookings were piling up.

Those wishing to attend Saturday's tour are not required to RSVP and will have access to free parking in the East Gate parkade.

For more information, contact Heidi Christophel at 403-440-6591.

JEREMY NOLAIS/ METRO

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Mariah Carey ALL PHOTOS GETTY IMAGES EXCEPT WHERE NOTED

Curvy model gives the skinny on the weight of women in Hollywood

Plus-size model Ashley Graham has a bone to pick with Hollywood about how definitions of size have changed.

"You girls don't have much to look at. Curvy women are not on the covers of magazines, they're not talked about on social media as much as other celebrities," Graham writes in an essay for Net-A-Porter's The Edit. "Jennifer Lawrence is the media's poster girl for curves — she's tiny!"

Wait, who are these people calling Jennifer Lawrence a big girl, and how do I shut them up? Because come on.

Ashley Graham

Fox in talks to re-open the X-Files

Fox is in talks with David Duchovny and Gillian Anderson to bring back The X-Files for a limited series. CONTRIBUTED

It turns out that Fox had such a good time bringing 24 back for a limited series last year that they're now eager to dip into other long-since-ended favourites for similar treatment. Up first? The X-Files, Fox chairman Gary Newman confirmed to the Television Critics Association over the weekend.

And that's not all. Apparently the network is already talking to stars David Duchovny and Gillian Anderson to find a schedule that works for them to return. Because, as we learned with the last two seasons of the original show, it just doesn't work without Mulder and Scully.

Nick is Wild 'N Out as he files for divorce from Mimi

Nick Cannon

It looks like any hopes of reconciliation between Mariah Carey and Nick Cannon have been dashed, as TMZ reports that Cannon has "quietly" filed for divorce last month.

The move comes just 10 days after Carey was late to a Christmas tree-lighting ceremony, forcing her to sing live and unprepared. Sources say her tardiness was caused by phone calls with her lawyers hashing out the terms of the divorce, as Carey is keen to keep Cannon out of her upcoming big-ticket residency series in Las Vegas.

Hey, remember last April when divorce rumours first started to swirl and Cannon vehemently denied them?

Oh well.

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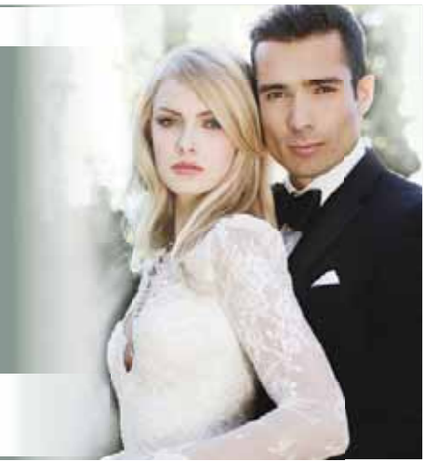

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Anderson prefers Stella role to Scully

Netflix. The Fall star talks Jamie Dornan, complex female sleuths and swimming

Gillian Anderson GETTY IMAGES

There's agent Dana Scully of The X-Files and Blanche Dubois in A Streetcar Named Desire. Also Lily Bart in The House of Mirth, with a little Bedelia du Maurier, aka, Hannibal Lecter's shrink, thrown in.

Of all the period costumes and unraveling of twisted psyches that Gillian Anderson has taken on, she likes her Stella Gibson the most. Gibson being the enigmatic detective superintendent sent from London to Northern Ireland on the critically acclaimed serial-killer series The Fall, a.k.a. the thing Jamie Dornan finds himself in the middle of as Fifty Shades of Grey madness begins to take a tighter hold.

Anderson had little to say about Dornan in a recent interview, begging off because the two didn't physically work with each other on The Fall during the first season. They do a little the second time around as Dornan's woman-killer, ex-family man Paul Spector, goes on the run.

Netflix drops the second season of the taut, Belfast-set drama Friday.

"Jamie Dornan wasn't Mr. Fifty Shades of Grey" when the slow-paced, cat-and-mouse show began on Irish television and the BBC, Anderson said.

"Jamie Dornan was cast after having done very little, and we cast him before Fifty Shades of Grey, so that's what our starting point was. This was a fresh face of somebody who was clearly a very good actor."

The 46-year-old Anderson, who has won awards for both stage and screen work, owes her early success to Scully, but considers Gibson the most interesting on her resume, with little-to-no backstory provided for the character during the first five-episode season.

"The script for The Fall was very different than anything I've read before, and I felt that Stella was about as complex a character as I ever encountered," she said.

"That appeals to me. Even after the second season, after we do get hints here and there, maybe bits of her past, you're still asking the question who is she and what makes her tick?"

One thing that keeps Gibson going is lap swimming. Anderson hit the pool herself the first season but required a body double for the second.

"I don't generally enjoy it," Anderson said of Gibson's pool obsession. "But the day that we shot all those scenes I thought this is OK, I like this. I could maybe do this on a regular basis, and then between that point and the time that we shot the second season I developed what's called a frozen shoulder."

As for how television's female crime fighters have changed over the years since the X-Files debuted, Anderson doesn't really know. "I don't watch TV myself," she said. "I seriously don't know how people find the time. ... I have a lot on my plate and when I'm (on) airplanes, I'm writing. I'm more likely to choose a film if I do make that time for myself."

In addition to three kids, Anderson has given birth to A Vision of Fire, the first of a science fiction book trilogy co-written with Jeff Rovin. And she's been working "for about 100 years" on a screen adaptation of Elizabeth Rosner's debut novel, The Speed of Light, about a brother and sister dealing with their father's secret past.

She's now also one of the executive producers on The Fall, which saw the exit of director Jakob Verbruggen. Season 2 duties fell to creator Allan Cubitt. Anderson said she can "pretty much" promise a third season. With Dornan?

"We don't know that he's gonna follow us into a third season," she said.

THE ASSOCIATED PRESS

Jamie Dornan

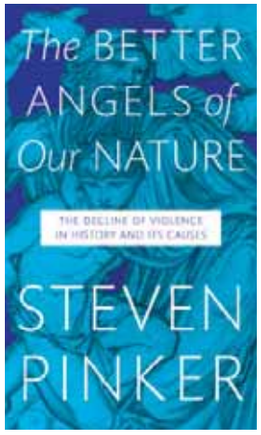
"We cast him before Fifty Shades of Grey. ... This was a fresh face of somebody who was clearly a very good actor."

Gillian Anderson, speaking of her costar in The Fall

Mark Zuckerberg is trying to get facebook users reading more than just their user feed. GETTY IMAGES

Zuckerbook next club pick tackles a timely theme

Reading list. Facebook CEO chooses 2011 book that contends violence has decreased in modern times



Mark Zuckerberg has made his next book club pick a release he considers especially timely after the recent terrorist attacks in Paris.

The Facebook CEO announced Saturday he would take on Steven Pinker's The Better Angels of Our Nature, a widely discussed and occasionally criticized 2011 book that contends violence has decreased in modern times and the world has become more humane. Zuckerberg posted the news on his Facebook page and on a community page he set up for his club, A Year of Books.

"Recent events might make it seem like violence and terrorism are more common than ever, so it's worth understanding that all violence — even terrorism — is actually decreasing over time. If we understand how we are achieving this, we can continue our path towards peace," Zuckerberg wrote. "A few people I trust have told me this is the best book they've ever read."

Among the book's admirers is Microsoft founder Bill Gates, who has called it his "favourite book of the last decade" and "a long but profound look at the reduction in violence and discrimination over time."

Two weeks ago, Zuckerberg declared he would read a new book every other week in 2015, and he invited his millions of Facebook friends to join him and participate in an online discussion. His first choice, Moises Naim's The End of Power, quickly became a bestseller on Amazon.com and elsewhere. But only 162 comments appear for last week's book club chat held on the community page, which has more than 260,000 likes.

Pinker, 60, is a leading psychologist, linguist and cognitive scientist who teaches at Harvard University and has written several popular books, two of which, The Blank Slate and How the Mind Works, were finalists for the Pulitzer Prize. THE ASSOCIATED PRESS

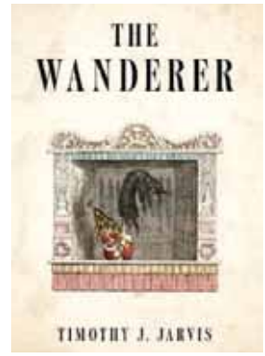
Online tale. Choose-your-own adventure genre finds new life as players follow trail of tweets

Survival story Wanderer invites players to decide what happens next as they follow a snaking path of linked Twitter accounts.

Starting out with a January 11 tweet from @wnd_go, the brief adventure weaves its way across a number of accounts, some approaching seven years of age. Locations attached to different accounts point towards the Cross Bones graveyard in central London, a leafy street near Earl's Court, and Scotland's northeast city Aberdeen.

Those who successfully navigate the sequence of life-or-death decisions are led to the Amazon page for The Wanderer, a 2014 novel from London-based author Timothy J. Jarvis.

The bread crumb trail on Twitter was devised by literary web developer Terence Eden, who told blastr.com that his text game was inspired by Jarvis's debut novel. "It's really hard to be creepy in 140 characters! I had to make extensive use of exophoric references and hope that the reader would fill in the blanks!" he said. AFP



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Know where your money goes

Spending journal. Get a pen and notebook, and start writing down what you spend — no fancy app required

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

In your spending journal, you'll note when you take cash out of the bank, and what you spend the cash on. ISTOCK

Once you start keeping track of where your money goes using a spending journal, you will be surprised at how often you buy coffee, gum, a mid-afternoon snack. You will be astonished at how often you go into shoe stores, tool stores and restaurants. Your spending journal will make you aware of where your money is going.

If you don't want to change how you're managing your money, you also probably don't care about how not paying attention affects you. Hey, enjoy your life. Just don't whine if down the road things don't turn out as you thought they would. You know the saying: "Insanity is doing the same thing over and over again and expecting different results."

If you're determined to know what you're doing with your money, regardless of how uncomfortable it makes you initially, get yourself a notebook and a pen. That's your spending journal. No fancy app required. No special tools needed. A pen and a notebook is all it takes.

Write your current bank balance at the top of the first page. Every time you spend a cent, deduct it from the balance in your journal. It doesn't matter if you're spending it using cash, a debit card, a credit card, cheques, or a bank transfer. Every penny gets tracked. (If you take cash out of the bank, you'll deduct the withdrawal and leave some space in your journal to note what you spent the cash on. Don't cheat!)

This will help you figure out which expenses are necessary and which are, well, not so much.

When you get money, add it into your spending journal. This could be a paycheque, government cheques or a refund of medical expenses. Every penny that comes in goes into the spending journal. If you make money in cash, you must enter that too. Slipping the cash into your pocket and spending it willy-nilly is cheating.

If you've been unconscious about your money for quite some time, it's likely going to take a bit of time to develop some new habits. Don't get impatient with yourself. Impatience will only distract you from the task at hand. You have, after all, a lot to learn.

Just do it

- People often assume that I'm good with money because I like doing all the tracking I talk about. Are you crazy? Who wants to do that? It's not a matter of like or not like. I'm not so keen on cleaning my toilets and hauling out the garbage either, but I do it. There are days when I don't want to collect receipts or write in my spending journal, when I just can't be bothered. But if I'm not taking care of my money, who will?

You have to:

- distinguish between "needs" and "wants;"
- communicate with your friends and family about your new awakening and the changes you'll be making;
- recognize the impact marketing and advertising has on you, and resolve not to be influenced;
- create a balanced budget and track your expenses on a daily or weekly basis;
- recognize the importance of saving both for emergencies and for the long term;
- do the hard work it will take to come up with a debt repayment plan and then execute that plan;
- learn to not only see today's immediate needs, but plan for things you will need and want in the future;
- lead by example; show your children how to take charge of their money so they don't end up making the same mistakes you did;
- be willing to seek help if you feel overwhelmed or lost along the way.

Change is never easy. Most people hate change. There will be times when you fall off the rails. You'll lose track of a receipt and kick yourself. You'll skip the comparison-shopping because you just don't have time. Or you buy something that's not in your budget because, well, you just do. You're bound to make mistakes. The key is to right your rocky boat quickly to get back on track.

If you're still back at, "But Gail, who has time for this?" listen to me. I do. I track my money and stay conscious about what I'm doing with it. That's why I had enough money to walk away from television when I was asked to compromise my integrity. You can't have money if you aren't prepared to pay attention to it.

You drag your sorry butt out of bed come rain, snow, sickness or exhaustion. You bust said butt to make money so you can have a life. Shouldn't you spend at least two hours a month figuring out where that money is going?

Yup, that's all it'll add up to. Every time you buy anything, ask for a receipt and then add the info to your spending journal that night. It could take four to six weeks for the habit to really take hold. Less if you're flexible. More if you're a stubborn dog.

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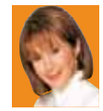
This recipe serves four. ROSE REISMAN

Meatloaf gets Italian-inspired upgrade

Dinner. Eggplant Meatloaf brings the well-loved flavours of tomato sauce and Parmesan cheese to the classic dish



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Meatloaf is an all-time family favourite recipe. If you want to take this ordinary weeknight meal to different heights, try my updated version. I take a version of Eggplant Parmesan, serve it overtop the meatloaf and cover it with cheese. It's moist, delicious and healthy.

Directions

1. Preheat the oven to 400 F. Spray a 9x9 inch (square) pan with vegetable oil.

2. To make meatloaf, combine ground beef, egg, barbecue sauce, bread crumbs, green onions, garlic, basil and salt and pepper in a bowl. Pat into square pan and spread half a cup of the tomato sauce over top (saving the 1/4 cup remaining for the eggplant.)

3. Meanwhile, prepare eggplant. Whisk egg with water in small bowl. Combine bread crumbs, parsley and Parmesan on a plate, mixing well. Dip eggplant in egg mixture, then coat with the bread crumb mixture. Place on a baking sheet sprayed with vegetable oil.

4. Bake both eggplant and meatloaf 20 minutes. The beef should reach 165 F and the eggplant should be browned.

5. Place eggplant slices overtop of the meatloaf. Spread the remaining 1/4 cup tomato sauce over the baked eggplant slices. Sprinkle with the mozzarella cheese. Bake the Eggplant Meatloaf for 5 minutes or until the cheese is melted.

Ingredients

Meatloaf
- 16 oz (1 lb) extra-lean ground beef
- 1 egg
- 1/3 cup barbecue sauce (or ketchup)
- 1/3 cup seasoned dry bread crumbs
- 1/4 cup finely diced green onions
- 1 1/2 tsp crushed garlic
- 1/2 tsp dried basil leaves
- pinch of salt and pepper
- 3/4 cup tomato sauce

Eggplant
- 1 egg
- 2 tbsp water or 2% milk
- 3/4 cup seasoned dry bread crumbs
- 3 tbsp chopped fresh parsley
- 3 tbsp grated Parmesan cheese (3/4 oz)
- 6 crosswise slices of eggplant, skin on, approximately 1/2-inch thick
- 2 tsp vegetable oil
- 1/2 cup shredded part-skim mozzarella cheese (1 1/2 oz)

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Career advice every millennial needs to hear

Work. Take hold of your employment destiny by taking heed of these important tips

MARIANNE HAYES
Metro in New York City

It's estimated Millenials will make up 75 per cent of the workforce by 2025.
ISTOCK

Millennials are quickly making up a huge chunk of the workforce. Today many are still in entry-level roles, which makes now the perfect time to start strategizing future career growth.

"You've really got to be the CEO of your own career," says millennial workplace expert Lindsey Pollak.

How exactly do you do that? Pollak, the New York Times bestselling author of Becoming the Boss is here to tell you.

Network, network, network

It may sound obvious, but the importance of networking cannot be overstated. This especially holds true for millennials — many of whom are opting for the freelance life as opposed to traditional 9-to-5s. (According to a 2013 Millennial Branding report, nearly half of all millennials value workplace flexibility over pay.) The truth is that freelancing/consulting/whatever you want to call it is a fast-growing trend among Gen Y-ers.

"I think the economy has changed, particularly since the Great Recession, and it's harder to get a full-time job with benefits," says Pollak. "I also think a lot of millennials aren't as attracted to full-time, paid employment. They're interested in side gigs, freelancing, and entrepreneurship in addition to, or instead of, what we've considered traditional employment."

If you're even partially self-employed, which many millennials are, networking is critical to drumming up business. Pollak says becoming active in professional associations and alumni groups can open the door for establishing new contacts.

Seek creative leadership roles

Millennials are a confident bunch. According to Pollak, most members of this generation are itching to move up the ladder — sometimes way faster than their companies are willing (or able) to promote them. One 2014 millennial leadership survey from The Hartford found that 83 per cent of millennials already feel like leaders, whether they're in leadership positions or not.

If you're currently employed within a company, Pollak advises getting as involved as you can. "It's no longer enough to just put your head down and do the work," she says. "You've also got to go to meetings, sign up for mentoring, join an internal network within your company, and volunteer for projects and internal assignments."

Be sure to look for leadership roles outside of your company as well. This could include working with nonprofits or local community groups. These are the things that'll beef up your resume and LinkedIn profile. They'll also satisfy your desire to lead.

In case of emergency

Don't blow off the value of insurance

- Freelancing certainly doesn't come with a cushy benefits package. And even if you work for a company, many employers are scaling back on the types of benefits they offer. Pollak advises all millennials to think ahead when it comes to disability and life insurance.
- "Disability insurance will keep a paycheck coming in if you're not able to work because of an off-the-job injury or illness," she says. "And life insurance is something a lot of millennials just don't think about.
- But if, for example, your parents co-signed your student loans that you're still paying back and something happens to you, your parents would still be responsible for them."

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Champs heading back to Super Bowl

NFL playoffs.
Seahawks overcome 16-point deficit to edge Green Bay in instant-classic thriller

The Seahawks' Michael Bennett celebrates with Russell Wilson after their NFC championship win over the Green Bay Packers on Sunday in Seattle. RONALD MARTINEZ/GETTY IMAGES

The loudest stadium in America was silent. A return trip to the Super Bowl was slipping away.

Time for the Seattle Seahawks to show why they are champions.

"You have the belief these guys have in one another, there is nothing you can't do," coach Pete Carroll said after an implausible comeback for a 28-22 victory over Green Bay in the NFC championship game Sunday.

Plagued by turnovers and outplayed much of the day, the Seahawks staged a stunning rally built on resilience. Russell Wilson, who struggled until the final minutes, hit Jermaine Kearse for a 35-yard touchdown 3:19 into the extra period to win it.

The Seahawks became the first defending champion to make the Super Bowl in 10 years, and will play the AFC champion New England Patriots, who routed Indianapolis 45-7. How Seattle got there was stunning.

"The will and the drive of these men is unbelievable," Wilson said. "We always find a way to finish."

Seattle (14-4) trailed 19-7 with about four minutes remaining and had been ineffective on offence all game. Wilson finally put a drive together with passes to Doug Baldwin and Marshawn Lynch — initially ruled a touchdown but called back because he stepped out of bounds. Wilson finished with a one-yard scoring run to cut the lead to 19-14 with 2:09 left.

NFC championship

28	22
Seahawks	Packers

The onside kick went high to Packers tight end Brandon Bostick, but he couldn't gather it, and Seattle's Chris Matthews recovered at the 50. The crowd, quiet since Seattle fell behind 16-0, came alive, and Lynch sped and powered his way to a 24-yard TD run. On the two-point conversion, Wilson — about to be sacked — threw a desperate pass hauled in by Luke Willson to make it 22-19 with 1:25 remaining.

Aaron Rodgers, limping on an injured calf, calmly led the Packers (13-5) downfield to set up Mason Crosby's fifth field goal, a 48-yarder with 14 seconds to go to force overtime.

Then Wilson and Kearse struck, with Kearse — the target on all four of Wilson's interceptions — beating Tramon Williams on the winning pass. Kearse has also caught the winning score in last year's conference title win over San Francisco.

"Just making the plays at the end and keep believing," said Wilson, who was overwhelmed and sobbing after the game. "There was no doubt ... we had no doubt as a team."

THE ASSOCIATED PRESS

Sent packing

"It's going to be a missed opportunity that I'll probably think about for the rest of my career."

Green Bay Packers quarterback Aaron Rodgers

AFC championship

Pats' Brady, Blount bowl over Colts

Tom Brady threw for three touchdowns and LeGarrette Blount ran in three more on Sunday to lead the New England Patriots into the Super Bowl with a 45-7 victory over the Indianapolis Colts.

The Patriots won their eighth AFC championship — their sixth under Brady and coach Bill Belichick. They will play the Seattle Seahawks in the Super Bowl in Glendale, Arizona, on Feb. 1.

New England (14-4) opened a 14-point lead in the first half and then broke it open in a driving rain with three third-quarter touchdowns and another to start the fourth. That made it the second-most lopsided game in AFC championship history.

Brady completed 23 of 35 passes for 226 yards. Blount ran 30 times for 148 yards.

Andrew Luck completed 12 of 33 passes for 126 yards with two interceptions for the Colts (13-6).

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LeGarrette Blount celebrates one of his three touchdowns on Sunday in Foxborough, Mass. GETTY IMAGES

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Rangers run riot over listless Pens

NHL. Nash leads way for Blueshirts in victory in Pennsylvania

Penguins centre Sidney Crosby tries to pass from behind the net during Sunday's loss to the New York Rangers in New York. GENE J. PUSKAR/THE ASSOCIATED PRESS

A pair of shutout losses last week briefly cooled off the streaking New York Rangers.

A productive 48-hour span buoyed by the return of Rick Nash's shooting touch made sure the dip didn't turn into a slump.

Nash scored 26 seconds into the game then added his NHL-leading 28th goal early in the second period to lift the Rangers to a 5-2 win over the Pittsburgh Penguins on Sunday.

New York backed up a 2-1 win over Columbus on Friday night with an opportunistic 60 minutes against the Penguins, converting repeated Pittsburgh mistakes and fortunate bounces into their 15th win in their past 18 games.

"It shows the kind of character we have on this team to bounce back after a tough home loss and another loss on the road to Boston," Nash said who now has an NHL-high 28 goals. "To come back and get these two wins and in a tough place to play in, it's a huge deal."

Derek Stepan also scored twice for the surging Rangers and Derick Brassard had a goal and an assist.

The Rangers pulled within two points of second-place Pittsburgh in the Metropolitan Division.

THE ASSOCIATED PRESS

A golden day on the slopes

Montreal's Justine Dufour-Lapointe added to her Olympic gold medal by winning the world moguls title on Sunday, while Mikael Kingsbury of Deux-Montagnes, Que., took silver in the men's event. GETTY IMAGES

Downhill skiing

Vonn win matches record

Two serious knee surgeries, fog, soft snow, and mounting pressure to match one of skiing's most hallowed records. Lindsey Vonn fought through difficult conditions to win a demanding downhill Sunday and match Annemarie Moser-Proell's 35-year-old record of 62 World Cup wins. THE ASSOCIATED PRESS

NBA

Pelicans add to Raptors' woes

DeMar DeRozan scored 22 points in a losing effort for Toronto on Sunday, as the Raptors dropped a 95-93 decision to the New Orleans Pelicans.

The Raptors ended their six-game homestand 2-4, and have lost seven of their last 10 games.

Tyreke Evans scored 26 points for the Pelicans, who were playing without starters Anthony Davis and Jrue Holiday. THE ASSOCIATED PRESS

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You are assertive by nature but you also possess charisma and with Venus so strong in your chart at the moment you will charm the birds from the trees.

♉ Taurus
April 21 - May 21
You will either impress some very important people today or you will upset some very important people. There is no middle ground.

♊ Gemini
May 22 - June 21
Anyone who thinks that you will change your plans to fit in with what they want to do clearly does not know you well. Let them know you're the boss.

♋ Cancer
June 22 - July 23
If facts and figures don't add up then you must investigate the matter. Yes, you may annoy a few people but as it's your reputation and money at stake you can't afford to take chances.

♌ Leo
July 24 - Aug. 23
It is likely that you will have a heated difference of opinion with someone today and you must not back down. Others will respect you more if you stand up for yourself.

♍ Virgo
Aug. 24 - Sept. 23
You take your responsibilities seriously, which is good, but if you focus on them to the exclusion of everything else today you could miss out on a fun time. All work and no play is rarely a good idea.

♎ Libra
Sept. 24 - Oct. 23
Find a balance between being assertive and being passive. Cosmic activity in your fellow Air sign of Aquarius will see to it that the right opportunity arrives at the right time.

♏ Scorpio
Oct. 24 - Nov. 22
If you speak your mind today you will get away with it no matter how outrageous your comments may be. If you speak your mind tomorrow there may be negative consequences.

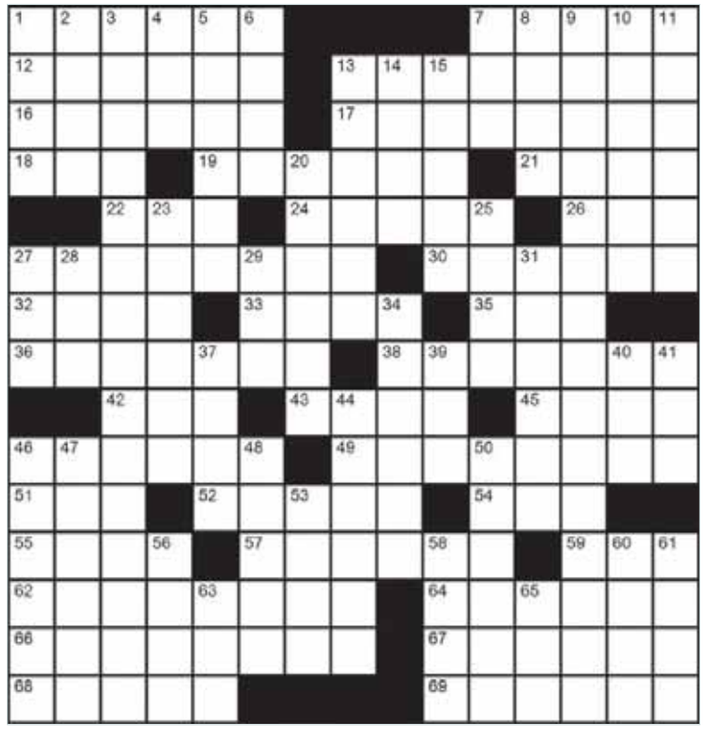
♐ Sagittarius
Nov. 23 - Dec. 21
If a friend asks for your opinion about something it will pay you to say what you think they want to hear, even if you believe the opposite. Arguments are best avoided over the next 24 hours.

♑ Capricorn
Dec. 22 - Jan. 20
Don't change things for the sake of it today because almost certainly you will have to change them back again when mind planet Mercury turns retrograde on Wednesday.

♒ Aquarius
Jan. 21 - Feb. 19
You won't care in the slightest what anyone thinks about you today. You are determined to show that you will follow your own path through life.

♓ Pisces
Feb. 20 - March 20
You may not be your sociable self today but in a way that's OK because you need to spend time in your own company. Think about life's direction.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. US federal holiday: Martin __ King Day
7. Current movie starring David Oyelowo as the Civil Rights leader at #1-Across
12. Author S.E. Hinton = Susan __ Hinton
13. Monument type honouring #1-Across in Washington, D.C.
16. Bays
17. Big name in typewriters when typewriters were big
18. T-__ pans
19. Classic video game platforms
21. British WWII submachine gun
22. Athletic
24. Singer Ms. Payne
26. Caustic stuff
27. Saint John, NB: Circular fort, as per Carleton __ Tower
30. Dwell
32. Tire: French
33. Glass Tiger's "My __"
35. Gladiator's 201
36. One of the Windward Islands
38. Songstress Joan
42. "Volare (__ Blu Dipinto Di Blu)"
43. Root vegetable
45. Amphibious sort
46. Robinson __ (Classic book)
49. Snow __ (Arctic birds)
51. "Superman" g.r.o.u.p.
52. Lohengrin aria: "__ Dream"
54. "Yay!"
55. Long-range weapon, commonly
57. Airline, __ Pacific
59. "Well!"
62. Soapstone
64. Flying bird, at times
66. Destroyed by acid
67. Bags
68. Canadian figure skating great Brian
69. "Remington __"

Down
1. Norse navigator Mr. Ericsson
2. Forearm bone
3. They often start 1-800...: 2 wds.
4. "Hurry!"
5. Millionaire's spread
6. Relaxation
7. First 'S' in USSR [abbr.]
8. '70s Spanish hit: "__ Tu"
9. Canadian animal breed (answer is the nickname of it) that achieved official national status in 2002: 3 wds.
10. Nautical friends
11. Skirt styles
13. "Good __" (Olde-style greeting)
14. Author Mr. Wiesel
15. Bungle
20. Buoyant
23. Apple songs
25. Rhyme scheme
27. Car ad fig.
28. Begin to spell out Saskatchewan's capital... "Give me __ '_'!"
29. Inc.'s cousin
31. #33-Across bit: "When I think of you __..."
34. "There's time still.": 2 wds.
37. Moisturizer ingredient
39. Family member
40. Bug
41. Mr. McMahon's
44. Declined
46. Cooking oil brand
47. Parish gig
48. 1961 Charlton Heston film: 2 wds.
50. Compete for a team position: 2 wds.
53. Satisfy
56. She-horse
58. Pharaoh symbols
60. Shoe part
61. "The '__ 'e knows above a bit..." - Rudyard Kipling
63. Maple Leafs, on scoreboards
65. 'Is', plurally

Friday's Crossword

Online

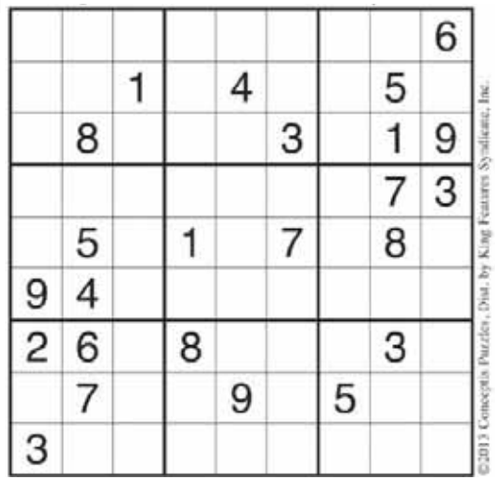
See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	4	1	7	5	2	9	6	3
9	7	6	8	3	4	2	1	5
2	3	5	6	9	1	4	8	7
3	2	7	4	8	6	5	9	1
5	8	4	9	1	7	6	3	2
1	6	9	5	2	3	7	4	8
6	1	2	3	4	5	8	7	9
7	9	3	2	6	8	1	5	4
4	5	8	1	7	9	3	2	6



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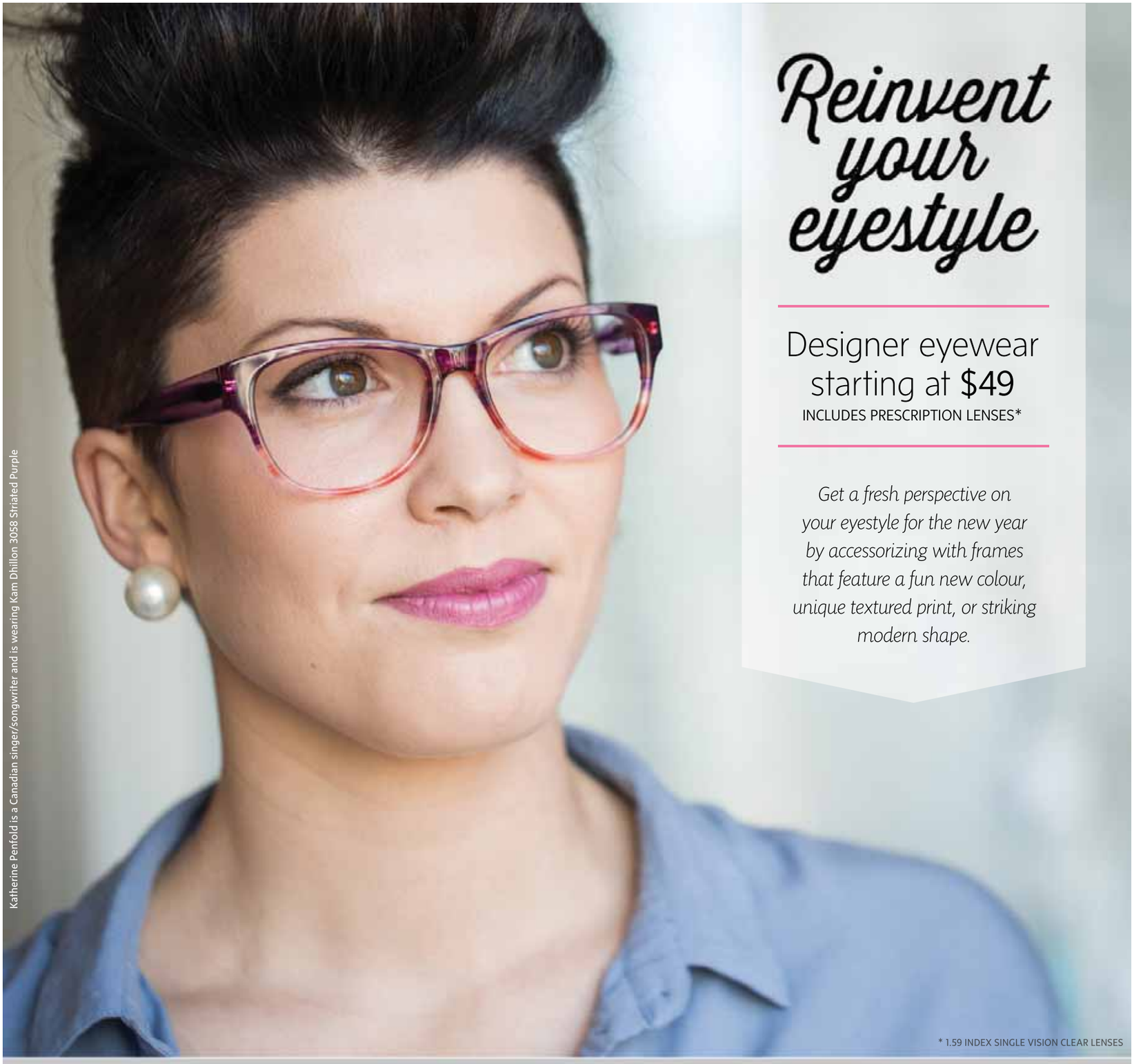

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